
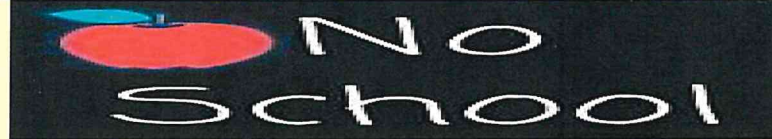






WIS October 2022 Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
				
10 Ham & Cheese Bagel or Cereal Graham Crackers	11 Muffin & Scrambled Eggs or Parfait	12 Cardinal Breakfast Burrito or Buttermilk Bar & String Cheese	13 Egg, Sausage & Croissant or Bagel & Cream Cheese	14 Sausage & Cheese Croissant or Parfait
17 Ham & Cheese Bagel or Cereal Graham Crackers	18 Muffins & Yogurt or Honey Buns & Yogurt	19 Cardinal Breakfast Burrito or Buttermilk Bar & Yogurt	20 Scrambled Eggs & Biscuit or Scones	21 Sausage & Cheese Croissant or Parfait
24 Ham & Cheese Bagel or Cereal Graham Crackers	25 Muffin & Scrambled Eggs or Parfait	26 Cardinal Breakfast Burrito or Honey Bun & String Cheese	27 Egg, Sausage & Croissant or Scones	28 Breakfast Pizza English Muffin or Cereal Bar
31 Ham & Cheese Bagel or Cereal Graham Crackers				

Fruit, Juice & Choice of Milk are served with every breakfast



Fresh Baked House Made



ALL STUDENTS RECEIVE FREE BREAKFAST AND LUNCH DAILY

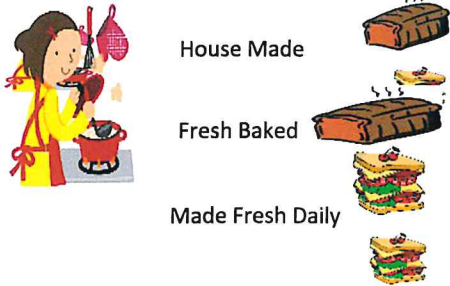




WIS Lunch

OCTOBER 2022



Fruit and Veggie and Choice of Milk are served with every lunch



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
3		4			5			6	7
10	National School Lunch Week								
Taco Fixins Mexican Rice		Teriyaki Dunkers Biscuit Rice & Broccoli		Popcorn Chicken Mashed Potatoes Corn & Gravy		Orange Chicken Rice & Broccoli Egg Roll		Homemade Chili Corn Bread	
17	Spaghetti Garlic Bread	18	Chicken Fajitas Refried Beans	19	Chicken Salad Croissant	20	Carnitas Burrito	21	Baked Chicken Dinner Roll Green Beans
24	Teriyaki Dunkers Biscuit Rice	25	Turkey & Gravy Mashed Potatoes Dinner Roll	26	Chicken Stroganoff Dinner Roll	27	Nachos Homemade Chili Corn	28	Tamales Rice
31	Turkey & Cheese Croissant Sandwich Sweet Potato Fries								

ALL STUDENTS RECEIVE FREE BREAKFAST AND LUNCH DAILY